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Nutri - Topics

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Consumer

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Sports Nutrition

Books (in order by year)

Nancy Clark's Sports Nutrition Guidebook: Eating to Fuel Your Active Lifestyle. Nancy Clark. Champaign, IL: Leisure Press. 1990. 323 pp.

Beyond Training: How Athletes Enhance Performance Legally and Illegally. M. Williams. Champaign, IL: Leisure Press. 1989. 215 pp.

Food For Fitness. Nathan Smith and Bonnie Worthington-Roberts. Palo Alto, CA: Bull Publishing Company. 1989. 228 pp.

Eat to Compete: A Guide to Sports Nutrition. Marilyn Peterson and Keith Peterson. Chicago, IL: Year Book Medical Publishers, Inc. 1988. 371 pp.

Eating for Endurance. Ellen Coleman. Palo Alto, CA: Bull Publishing Company. 1988. 158 pp.

Nutrition for Sport. Steve Wootton. New York, NY: Facts on File Inc. 1988. 199 pp.

"Nutrition power for your best performance." In: *Food Choices: Eating for Health.* Mary Jo Tuckwell. Cincinnati, OH: South-Western Publishing. 1988. pps. 204-221.

The Human Fuel Handbook: Nutrition for Peak Athletic Performance. A. Shields and R. Roden (eds.). Champaign, IL: Facts on File, Inc. 1987. 131 pp.

The Complete Sports Medicine Book For Women. Mona M. Shangold and Gabe Mirkin. New York, NY: Fireside Books, Simon and Schuster, Inc. 1985. 223 pp.

The resources listed are judged to be accurate, readable, and available. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

Nutrition for Sport Success. Ann C. Grandjean. Washington, DC: Nutrition Foundation, Inc. 1984. 48 pp.

Sports Nutrition: 28 Days of Menus with Special Recipes. Joyce Sorenson and Nancy Murray. West Hartford, CT: Witkower Press, Inc. 1983. 35 pp.

How to Eat to Win: The Athlete's Kitchen. Nancy Clark. Boston, MA: New England Sports Publications. 1981. 244 pp.

Booklets/Pamphlets (in order by year)

Do You Believe Any Of These Myths? 1990. 2 pp. Available from Delaware Cooperative Extension, University of Delaware, Townsend Hall, Newark, DE 19717-1303. (302) 451-2504.

Carbohydrates. 1989. 2 pp. Available from The International Center for Sports Nutrition, Suite 3012, 502 South 44th Street, Omaha, NE 68105. (402) 559-5505.

The Precompetition Meal. 1989. 2 pp. Available from The International Center for Sports Nutrition, Suite 3012, 502 South 44th Street, Omaha, NE 68105. (402) 559-5505.

Nutrition and Fitness: What Women Should Know. 1988. 13 pp. Available from The American Dietetic Association, 430 N. Michigan Avenue, Chicago, IL 60660. (312) 280-5000.

Nutrition for Athletes. 1988. 2 pp. Available from Penn State Nutrition Center, Pennsylvania State University, Benedict House, University Park, PA 16802. (814) 865-6323.

Nutrition Q's and A's for Adult Athletes. 1988. 2 pp. Available from Penn State Nutrition Information Center, Pennsylvania State University, Benedict House, University Park, PA 16802. (814) 865-6323.

The Competitive Edge: Food Facts For Teens. 1988. 8 pp. Available from NCR Educational Materials Project, 111N Curtis Hall, Iowa State University, Ames, IA 50011.

Water: The Most Important Nutrient. 1988. 2 pp. Available from The International Center of Sports Nutrition, Suite 3012, 502 South 44th Street, Omaha, NE 68105. (402) 559-5505.

Vegetarian Diets. 1988. 2 pp. Available from The International Center of Sports Nutrition, Suite 3012, 502 South 44th Street, Omaha, NE 68105. (402) 559-5505.

- Vitamin and Mineral Supplements*. 1988. 2 pp. Available from The International Center of Sports Nutrition, Suite 3012, 502 South 44th Street, Omaha, NE 68105. (402) 559-5505.
- Nutrition for the Athlete*. 1987. 2 pp. Available from Colorado State University Cooperative Extension, Room 200, Gifford Bldg, Fort Collins, CO 80523. (303) 491-6198.
- Nutrition for Sports Performance: Questions and Answers*. 1987. 6 pp. Available from U.S. Olympic Committee, USOC Sports Medicine and Science Division, 1750 E. Boulder Street, Colorado Springs, CO 80909-5760.
- Sports Nutrition: Weight Loss and Sports Performance*. 1987. 2 pp. Available from International Center for Sports Nutrition, 502 South 44th Street, Suite 3012, Omaha, NE 68105. (402) 559-5505.
- Eat to Compete: Your Game Plan For Eating on the Road*. 1987. 9 pp. Available from Penn State Nutrition Center and Nutrition Clinic, Pennsylvania State University, Benedict House, University Park, PA 16802. (814) 865-6323.
- Nutrition and Hydration in Wrestling: How They Can Affect Your Performance*. 1986. 17 pp. Available from Ross Laboratories, 625 Cleveland Ave., Columbus, OH 43216. (800) 543-0281.
- Nutrition and Hydration in Swimming: How They Can Affect Your Performance*. 1986. 17 pp. Available from Ross Laboratories, 625 Cleveland Ave., Columbus, OH 43216. (800) 967-5171.
- Sports and Nutrition: A Winner's Guide*. 1984. 2 pp. Available from your local Safeway Stores, Inc., Safeway's Nutrition Awareness Program.
- Nutrition in Athletics: Nutritional Requirements for Peak Performance*. 1984. 32 pp. Available from Ross Laboratories, 625 Cleveland Ave., Columbus, OH 43261. (800) 543-0281.

Journal Articles (in order by year)

- "Amino acid supplements: beneficial or risky?" Joanne Slavin. *The Physician and Sportsmedicine*, 16(3):221-224. March 1988.
- "Vitamins and minerals: their need in fitness." Keith Wheeler. *American Fitness Quarterly*, 7(2):40-41. July 1988.

“Nutrition: can it give athletes the edge?” J. Vogel. *Melpomene Journal*, 7(3):2-6. Fall 1988.

“Nutrition and the athlete.” Doug Henderson. *FDA Consumer*, 21(4):18-21. May 1987.

“Eating nutritiously on the road.” Nancy Clark. *Physician and Sportsmedicine*, 13(11):133-134, 139. November 1985.

“The runner’s diet: truth and consequences: some athletes seem to get away with murder, but in the long run, eating right is important to performance and health.” G. Reynolds. *Runner’s World*, 20(11):50-53, 86. November 1985.

Serials

Sports Nutrition News. Healthmere Press, Inc., P.O. Box 986, Evanston, IL 60402.

Coaching and Training Times: Sports Nutritionals. Ross Laboratories, Dept 106742, P.O. Box 1317, Columbus, OH 43216-1317. (614) 227-3333.

Contacts for Assistance

Local Contacts (Listed in the telephone directory)

Ask for the:

Health Department (city, county, state)	Nutritionist
Hospital	Registered Dietitian-R.D.
Nutrition Consultant	Sports Nutritionist or Registered Dietitian

National Contacts

American Runners and Fitness Association, 9310 Old Georgetown Road, Bethesda, MD 20814. (301) 897-0197.

American Alliance for Health, Physical Education, Recreation and Dance, 1900 Association Drive, Reston, VA 22091. (703) 476-3400.

American College of Sports Medicine, P.O. Box 1440, Indianapolis, IN 46206. (317) 637-9200.

International Center for Sports Nutrition, 502 South 44th St., Suite 3012, Omaha, NE 68105. (402) 559-5505.

National Contacts, continued

President's Council on Physical Fitness and Sports, Suite 7103, 450 5th Street, N.W.,
Washington, DC 20001. (202) 272-3421.

Sports Nutrition, Education and Research, Ross Laboratories, 625 Cleveland Ave.,
Columbus, OH 43216. Toll free number: 1-800-543-0281.

Sports Nutrition Education Research Center, 217 Strain Behavior Science Center Building,
Rm 3501, Slippery Rock University, Slippery Rock, PA 16057-1326. (412) 794-7596.

Sports and Cardiovascular Nutritionists Dietetic Practice Group, American Dietetic
Association, 430 North Michigan Avenue, Chicago, IL 60611. (312) 280-5000.
Toll free number: 1-800-621-6469.

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